

# jazzercise®

Cardio - Strength – Stretch

Grimes Community Complex  
Jazzercise Room  
410 S. Main Street  
Grimes, IA 50111

## Class Schedule:

Time	Mon	Tues	Wed	Thurs	Sat
8:30 AM					X
5:30 PM	X	X	X	X	
6:40 PM	X	X	X		

**Additional times and classes coming soon! Call for information.**

At Jazzercise, we insist that exercise can and should be fun. Designed to boost cardiovascular endurance, strength, and flexibility, Jazzercise offers a fusion of jazz dance, strength and resistance training, Pilates, yoga, and kickboxing movements. Certified instructors provide easy to follow cues, safety and technique tips, high and low impact options, and modifications to accommodate all ages and fitness levels.

### State of Iowa Employee Discount (show your state identification tag at class):

- First Class FREE (\$10 value)
- FREE Joining Fee (save \$25) when you sign-up for class!
- Easy Fitness Ticket (EFT) only \$30/month – auto withdraw from credit card or checking.
- We accept cash, check, Visa, MasterCard, Discover, and American Express.
- Offer cannot be combined with any other offer or promotion.

For information and registration, contact: Kate Payne, Owner/Instructor

Phone: 515-480-0905 or E-mail: [jazz4k8@mchsi.com](mailto:jazz4k8@mchsi.com)

Web sites: [www.jazzercise.com](http://www.jazzercise.com) or [www.grimesiowa.gov](http://www.grimesiowa.gov)

Classes sponsored in partnership with Grimes Parks & Recreation